

# ARTILLERY ENGAGEMENTS ONLY ALONG BATTLE FRONT IN FRANCE AND BELGIUM

Several Days Have Elapsed Since German Heavy Artillery  
Left Verdun, But Their Heavy Guns Have Continuously Shelled  
Le Fort Homme and Second Line Positions of French, East of  
River Meuse—French Are Still Awaiting Another Expected  
Attack.

(By Morning Bulletin Leased Wire.)  
LONDON, April 14.—The artillery of the contending armies, there was no fighting last night or today at any point on the front in France and Belgium.

Several days have elapsed since the Germans launched a heavy attack on the positions in dispute before Verdun, but their artillery has continued vigorously to shell Le Fort Homme sector, northwest of Verdun, and the second line positions of the French to the east of the Meuse.

The French in the former sector are still answering with their big guns the German fire, and evidently are holding themselves in readiness, in anticipation of the infantry attack that usually follows preparatory bombardments.

In the Argonne the French continue to operate with their guns against German positions of vantage and in the region of Pont-a-Mousson they have shelled convoys of Germans.

On the Russian front the German artillery has come through the defeat of the Turks by the British forces in Mesopotamia, where heavy casualties were taken by the Turks during the night of the 13th.

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# GERMANY BEGINS TO FEEL STRENGTH OF BRITISH ARMY

LONDON, April 14.—The Rotterdam correspondent of the Daily Mail, telegraphing under yesterday's date, said:

"In feeling out the strength of the British in the Ypres sector the enemy received a shock. Just before midnight he delivered a spirited local attack on what was reported to be a weak British position, but was repulsed after a fierce hand-to-hand fight."

"It is certain that the enemy will make many of these isolated efforts."

# FORM LEAGUE IN FAVOR OF COMPULSION

Canadian National Service League is Organized at Ottawa Meeting

(By Morning Bulletin Leased Wire.)  
OTTAWA, April 14.—The Canadian National Service League, with its object the compulsory military training of Canadian youth, was organized at a meeting held here today.

The meeting was not widely publicized, but it was held in the conference of recruiting leaguers for the purpose of discussing the plan for national registration.

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# CASUALTIES ISSUED LAST NIGHT LONGEST ROLL SINCE HEAVY FIGHTING LAST APRIL

In Three Lists, Two Hundred and Sixteen Names Were Reported—Of These One Hundred and Ninety-six Were Wounded, Seven Killed, Seven Dead of Wounds, and Three Dangerously Ill—North-West Rebellion and South African Veteran Among Dead.

(By Morning Bulletin Leased Wire.)  
OTTAWA, April 15.—The longest roll of casualties since the battle at Ypres and St. Julien last April, was issued from the militia department last night. In three lists there were 216 reported. Of these 196 were men wounded.

The lists reported seven men killed, seven dead of wounds, one dead, and two seriously and three dangerously ill.

Capt. T. Z. Woods, Emerson Junction, Man., is posted dead of wounds. Capt. Woods was a North West rebellion and South African veteran.

Two of the lists, made up of 118 names, deal almost entirely with men with next to him in the country.

Although a large number of those whose names are given are undoubtedly former Edmonton residents, it is impossible to distinguish them from their next of kin in this city. That is Lance Sergeant Walter Hunter, whose next of kin resides at 119 First Street, in this city. He is reported wounded.

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# YOUTHS OF 18 TO BE CALLED TO COLORS

LONDON, April 15.—Great Britain will shortly call to the colors her 18-year-old youths, according to reports in the lobby by the House of Commons. It is the intention that the youths thus called shall go into training immediately although they will not be liable for service abroad until they reach the age of 19.

# CASH SUBSIDY IS ASKED FOR E., D. & B. C. LINE

J. D. McCarthy, Well-known Contractor, is Conferring With Dominion Authorities

(By Morning Bulletin Leased Wire.)  
OTTAWA, April 14.—J. D. McCarthy, contractor of Winnipeg, was in Ottawa today and conferred with the Dominion authorities in connection with the securing of a cash subsidy for the construction of a new railway line from Vancouver and British Columbia.

The road runs from Edmonton to Vancouver and then on to the Pacific coast. The road runs from Edmonton to Vancouver and then on to the Pacific coast.

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# OPPOSITION HAS NIGHT OF OBSTRUCTION

Lengthy Sitting on Bill to Amend Corporation Tax Act

TWO MORE ROYAL COMMISSIONS ASKED  
Dr. Blow and R. E. Campbell Give Notices of Motion

Very evidently intent upon obstructing the government, the opposition, supported by the House of Commons, has tonight spent a night of obstruction.

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.





# THE BULLETIN'S MOTHERCRAFT SERIES

By MISS MARY L. READ, Head of the Mothercraft School of New York

## Physical Care of Young Children

It is the Business of the Home to Develop in Children Such Vitality That the Foundations for Adult Efficiency Are Assured

"Prevention, Vitality, Efficiency" Is the Slogan of This Series of Articles on the Care of the Mother and Her Child



"The school child may seem none the worse at the time for late hours or panache and pie diet."

By Mary L. Read.

### SECTION I

IT IS the business of the home to develop in children such vitality that they will enjoy abundant health in childhood, and that they will be able to resist the forces of disease, and maintain the vigor of constitution to their children. The slogan is "Prevention, Vitality, Efficiency."

The ultimate physical source of power are:

1. Good nutrition and sound digestion.
2. Sound, active lungs.
3. Efficient elimination by skin, kidneys and intestines.
4. Strong heart; pure, rich blood stream.
5. Steady, enduring nervous system.

That is there must be ample intake of food and oxygen, quick distribution of food and oxygen through removal of waste, economical working of the organism.

### DEVELOPING VITALITY TO RESIST DISEASE

Diseases may be due to:

- (a) Some defect of structure in an organ, as the heart, spinal column, eye, lungs.
- (b) Inefficient functioning of an organ or system, as in constipation, poor circulation, shallow breathing.
- (c) Low resistance to disease germs or poisons, as in the contracting of diphtheria, diphtheria, pneumonia, whooping cough.

### MEANS FOR DEVELOPING VITALITY

1. Good nutrition. This involves sound digestion and assimilation. It can be secured only through:
  - (a) Wholesome foods, adapted to the age in quantity and preparation.
  - (b) Sound teeth.
  - (c) Regularity in feeding.

2. Thorough elimination of waste. Deep and adequate breathing, involves the two ends of eliminating some of the poison waste, the carbon dioxide, from the lungs and bringing quantities of oxygen to the body cells for burning up their waste. Active physical exercise and the habit of deep breathing are both necessary.

3. Through kidneys and intestines. These are nature's plumbing system for removing poisonous waste. Regularity in these functions should become a habit in early childhood. There should be a bowel movement once or twice a day. (Dr. J. H. Kellogg advises three times a day.) Abundance of laxative foods in the diet, water taken freely, outdoor life and activity, and regular times for elimination are natural means of establishing these functions.

4. Through the skin. The skin contains millions of tiny pores, through which from two to three cents of impalpable matter, containing waste solid matter is daily being excreted out upon the surface. If this is allowed to accumulate the pores are clogged. The kidneys are overworked and the waste is retained in the system. Therefore the importance of the daily bath, the friction of the skin and the avoidance of powders that clog the pores.

5. Regulation of bodily heat.

Cold and chills pave the way for vital diseases. They are not always symptoms of infection. They are often the result of training of the nerves in the skin to respond quickly to changes of temperature. The training of these nerves can come only as that of any other nervous through their exercise. Indoor and sedentary life does not

supply sufficient exercise for them. For this exercise there is required:

- (a) A low, slightly variable temperature, 65 to 68 degrees Fahrenheit, indoor.
- (b) Frequent air currents.
- (c) Air baths, sun baths and cold water baths administered with judgment.

4. Good circulation of blood. The blood is the only avenue by which nourishment can be brought to the cells or their poisonous waste removed. So far as it can be directed, controlled circulation may be quickened by abundance of exercise, good temperature and wide distribution of porous temperature, rolling or shaking of limbs, stretching the arms and forcefully opening and shutting the hands, slowly rising and sliding on the feet, running, alternately stretching the toes and heels, rubbing the feet.

5. Protection of nose, throat and chest. Nature has provided the nose with a delicate mucous lining that constantly secretes a fluid which has the power to destroy germs that may enter with the air. If this fluid mucous lining becomes dry it cannot function. It will not become dry unless the indoor air is too dry, or the chest is artificially heated rooms unless additional moisture is supplied by open doors of water, or by constant intake of water into the throat. Humidifying the neck and chest keeps the skin moist and makes the throat and lungs

more susceptible to congestion; they should be made strong to resist congestion by deep breathing and daily cold plunging. Adenoids and enlarged tonsils are abnormal growths of lymphatic tissue in the nose and throat that make breathing difficult and inefficient and that become breeding places for germs. The infection that they harbor leads frequently to colds, earache, deafness, tonsillitis, diphtheria, measles, scarlet fever. They obstruct the breathing and reduce the supply of oxygen, spoil the shape of the face, reduce the ability to think and by their discomfort produce irritability and nervousness. They greatly interfere with vitality and should therefore be removed.

6. Maintaining high count and efficiency of both red and white blood corpuscles. The red blood corpuscles carry oxygen. Deficient symptoms of their insufficiency are: paleness, low vitality, inertia. The white corpuscles are the special blood cells that attack disease germs which have made their way past the sentinels in the nose, throat and stomach. The number and efficiency of these blood corpuscles is increased by outdoor exercise, cold water baths, air baths, sun baths and by adding more mineral foods to the diet.

Additional means of preventing development of germ diseases are:

- (a) Protection from contagion;
- (b) Hygiene of antiseptics.

The greatest preventive, however, is internal resistance, since disease germs are

usually in the atmosphere and are entering the system every day through the nose and mouth.

7. Storing of nervous energy. This is possible only through abundant sleep, regularity of routine, temperance, moderation, self-control, avoidance of stimulants, narcotics or alcoholism. Nature has intended that childhood shall be a period of accumulating and conserving nervous energy.

The effect of any routine or any exception to a principle of good hygiene must be measured not simply by its immediate results, but even more by its remote consequences. Nature is patient, long suffering and will endure much abuse without great protest, but nature is also an accurate bookkeeper and remorseless creditor; every debt must at some time be paid on demand; it may be five, ten, twenty years later, or in the life of the succeeding generation.

The toddler with decaying teeth, for example, may not complain, but the decay nevertheless poisoning his system, prevents the growth of his body, and the removal of the teeth, which will necessitate premature removal of the jaw. The school child may seem none the worse at the time for late hours, exciting picture shows, maracas and picknick, but when the strain of adolescence comes will first suffer a breakdown, and when adult responsibilities weigh heavily will sink beneath their pressure, his strength as a rope of sand.



Nature is an accurate bookkeeper and a remorseless creditor."

## Typical Physical Regime For Children

(Cut Out and Preserve this Table)

1½ to 3 YEARS	THREE TO NINE YEARS	AFTER 9 YEARS
<p>6:30-7 A. M. Wakes. Stretching for circulation and gradual increase of heart action. Sits on 2 to 3 years. Put on bathrobe and slippers, if cool. Open bed to air. Taken in to bed. Teeth brushed. Drink of water. Vigorous exercise or play 2-5 minutes. Fruit juice. Face and hands washed, cold water. Rubbing of entire body, 2-4 minutes (rub from extremities toward heart). Bath as prescribed, 2-4 minutes. Dressing, 2-5 minutes. (After 3 years old child should dress self.) Bed room, nightclothes opened to air. Children who have not slept out of doors should get out for 5-20 minutes vigorous play before breakfast. 7:30-8:00 A. M. Breakfast. Toilet (time for regular bowel movement). Same as 3-5 years. Hands washed. Teeth brushed. Bed made, bedroom put in order. Outdoors 9-9:30 a. m. (earlier in summer). If inclement weather, wear outdoor wraps. Open windows in sun room; open air play. 10:30-11:00 A. M. Class of water. 11:00-11:30 A. M. Fruit. Toilet. 11:30-11:45 A. M. Hands washed, finger nails cleaned; preparation for dinner. 12:00-12:30 P. M. Dinner. Toilet. Hands washed. Undressed for bed; remove shoes, stock ings, dress, waist and trousers. 1:30-1:45 P. M. Toilet; dressed, bed made. 2:30-3:30 P. M. Class of water. Outdoors or open air play indoors. 4:30-5:30 P. M. Indoors; toilet, glass of water; hands washed, brush nails cleaned. 5:00-5:30 P. M. Supper. 5:30-5:45 P. M. Undressed; teeth brushed; face, neck, ears, feet washed. 6:00-6:15 P. M. In bed. 6:15-6:30 P. M. Toilet. Toilet.</p>	<p>6:30-7 A. M. Wakes. Stretching for circulation and gradual increase of heart action. Sits on 2 to 3 years. Put on bathrobe and slippers, if cool. Open bed to air. Taken in to bed. Teeth brushed. Drink of water. Vigorous exercise or play 2-5 minutes. Fruit juice. Face and hands washed, cold water. Rubbing of entire body, 2-4 minutes (rub from extremities toward heart). Bath as prescribed, 2-4 minutes. Dressing, 2-5 minutes. (After 3 years old child should dress self.) Bed room, nightclothes opened to air. Children who have not slept out of doors should get out for 5-20 minutes vigorous play before breakfast. 7:30-8:00 A. M. Breakfast. Toilet (time for regular bowel movement). Same as 3-5 years. Hands washed. Teeth brushed. Bed made, bedroom put in order. Outdoors 9-9:30 a. m. (earlier in summer). If inclement weather, wear outdoor wraps. Open windows in sun room; open air play. 10:30-11:00 A. M. Class of water. 11:00-11:30 A. M. Fruit. Toilet. 11:30-11:45 A. M. Hands washed, finger nails cleaned; preparation for dinner. 12:00-12:30 P. M. Dinner. Toilet. Hands washed. Undressed for bed; remove shoes, stock ings, dress, waist and trousers. 1:30-1:45 P. M. Toilet; dressed, bed made. 2:30-3:30 P. M. Class of water. Outdoors or open air play indoors. 4:30-5:30 P. M. Indoors; toilet, glass of water; hands washed, brush nails cleaned. 5:00-5:30 P. M. Supper. 5:30-5:45 P. M. Undressed; teeth brushed; face, neck, ears, feet washed. 6:00-6:15 P. M. In bed. 6:15-6:30 P. M. Toilet. Toilet.</p>	<p>6:30-7 A. M. Wakes. Stretching for circulation and gradual increase of heart action. Sits on 2 to 3 years. Put on bathrobe and slippers, if cool. Open bed to air. Taken in to bed. Teeth brushed. Drink of water. Vigorous exercise or play 2-5 minutes. Fruit juice. Face and hands washed, cold water. Rubbing of entire body, 2-4 minutes (rub from extremities toward heart). Bath as prescribed, 2-4 minutes. Dressing, 2-5 minutes. (After 3 years old child should dress self.) Bed room, nightclothes opened to air. Children who have not slept out of doors should get out for 5-20 minutes vigorous play before breakfast. 7:30-8:00 A. M. Breakfast. Toilet (time for regular bowel movement). Same as 3-5 years. Hands washed. Teeth brushed. Bed made, bedroom put in order. Outdoors 9-9:30 a. m. (earlier in summer). If inclement weather, wear outdoor wraps. Open windows in sun room; open air play. 10:30-11:00 A. M. Class of water. 11:00-11:30 A. M. Fruit. Toilet. 11:30-11:45 A. M. Hands washed, finger nails cleaned; preparation for dinner. 12:00-12:30 P. M. Dinner. Toilet. Hands washed. Undressed for bed; remove shoes, stock ings, dress, waist and trousers. 1:30-1:45 P. M. Toilet; dressed, bed made. 2:30-3:30 P. M. Class of water. Outdoors or open air play indoors. 4:30-5:30 P. M. Indoors; toilet, glass of water; hands washed, brush nails cleaned. 5:00-5:30 P. M. Supper. 5:30-5:45 P. M. Undressed; teeth brushed; face, neck, ears, feet washed. 6:00-6:15 P. M. In bed. 6:15-6:30 P. M. Toilet. Toilet.</p>



"This typewriting gets on my nerves." "Now I'm well and enjoy my work."

## Neurasthenia or Exhaustion of the Nervous System.

It is quite possible for the nervous system to be considerably exhausted before you realize the seriousness of your condition. You do not feel up to the mark, are easily tired out, worry over little things, and get cross and irritable, but do not consider yourself sick.

For this reason we shall give an outline of the symptoms so that you may be warned in time and use preventive treatment at a time when it will do the most good.

1. General discomfort—excitement and depression alternating.
2. Headache and sometimes dizziness, and deafness.
3. Disturbed, restless, unrefreshing sleep, interrupted by dreams.
4. Weakness of memory, particularly of recent events.
5. Blurring sight, noises and ringing in the ears.
6. Disturbance of sensibility or feeling, as in hands, or, with women, in the breasts.
7. Coldness of parts of body or flushing and sweats.
8. Lack of tone, easily fatigued, dyspepsia.
9. Fear to be alone, or in a crowd, fear of things falling, fear of travelling, etc.

These symptoms indicate that the nerves are being starved for lack of rich, red blood. Certain elements are lacking which can best be supplied by Dr. Chase's Nerve Food.

This cure is easily available and awaits alone your action in applying it. There is no question of the merits of this food cure. Enquiry among your friends will prove to you that many thousands of women, and men, too, are being restored to health and vigor by use of Dr. Chase's Nerve Food.

50 cents a box, 6 for \$2.50, all dealers, or Edman, Hanes & Co., Limited, Toronto. Do not be misled into accepting a substitute. Imitations disappoint.



Dr. Chase's Recipe Book, 1,000 selected recipes, sent free if you mention this paper.









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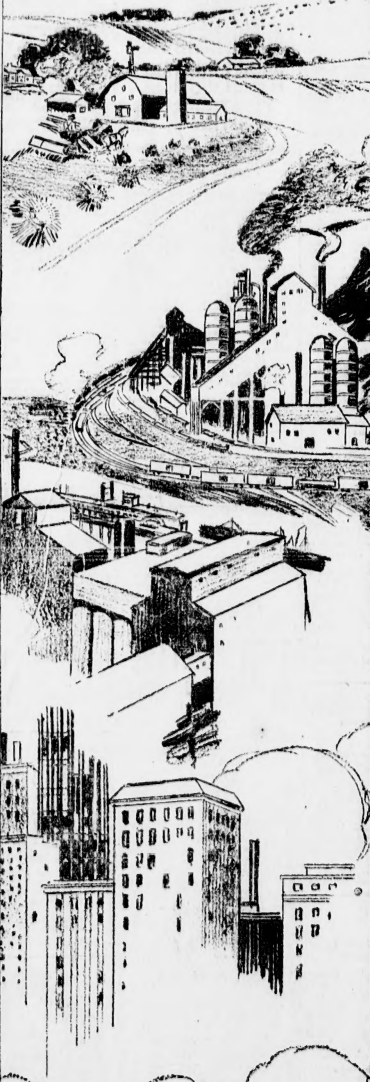




# PROGRESSIVE FIRMS BUILDING A BIGGER EDMONTON

## FIRMS WORTHY THE SUPPORT OF EDMONTON PEOPLE

Spend Your Money With Best Manufacturers  
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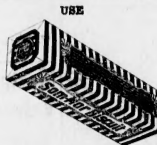


### The Douglas Co. Limited

MANUFACTURERS OF  
**Printing & Loose Leaf  
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Phones 1563 & 6480  
10206 100A Avenue.

EDMONTON : : ALBERTA.



### North-West Biscuit Co.

EDMONTON



### WHITE ROSE FLOUR

Highest Grade  
Patent  
MILLED IN  
EDMONTON  
BY

### Campbell & Ottewill

"ON SALE EVERYWHERE."

### EAT : : GOLDEN WHEAT BREAD !

MADE CLEAN  
WRAPPED CLEAN  
DELIVERED CLEAN

### Chas. W. Campbell

"THE BETTER BREAD BAKER"  
On Sale Everywhere.

### "BUY"

SWIFT'S PREM.  
IUM HAMS AND  
BACON, "SIL-  
VER LEAF"  
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LARD, BROOK-  
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World's Standard of Quality  
MADE IN EDMONTON  
**SWIFT CANADIAN  
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The Holston Vapor Gas Burner  
will fit any cook stove or range,  
burns common coal oil, it will bake  
anything from a gold fish to an ox.  
We guarantee it to do all we claim  
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It's a gold mine for live agents.

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Edmonton, Alberta

Have you or your employees to  
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25 cents per day will save this  
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Install an EXTENSION  
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WE MAKE  
JUST WHAT  
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P.O. BOX 1257.



### GOOD BREAD IN THE STAFF OF LIFE

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**Butter Krust Bread**  
Made like Worth Living, Rising Fast,  
Light and Spiritually Clean.  
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### GREAT NORTHERN COAL CO. LTD.

Shippers and Retailers for the  
Alberta Coal Mining Coy., Ltd.

### PRODUCERS OF HIGH GRADE DOMESTIC AND STEAM COAL.

Retail Yard Government Ave.  
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We supply the consumer direct or  
sell to customers off the cars  
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### Investigate The New Phonola !

which is destined to revolutionize the talking machine industry.  
The new invention consists of a cluster of pipes of various sizes, from 1/4 inch to 5 inches in diameter and 2 inches to 6 feet in length. The pipes embrace every note in the scale, and vibrate in sympathy as their notes are given forth by the record which happens to be playing.  
Everyone is cordially invited to call at our store and hear the wonderful instrument.  
Demonstrations daily.  
The first one holding out No. 1 Northern wheat for their flour, and much of this grain is purchased locally or from within 100 miles of Edmonton. It is good to know that local farmers are able to produce the grain up to the high standard which is required.  
The question of successful agriculture is one in which the farmers are interested, apart from their milling business. Mr. Ottewill, who lives at Clover Bar, has a large farm in that district, and also operates a coal mine there, and Mr. Campbell also has farms and is keenly interested in agriculture and ranching.  
It is such men as these who help to build up the progress of the city and district. They are not transients merely operating for a few months profit can be made at the least expense and trouble to themselves. They are real producers, their capital is sunk in business enterprise in the city and in the very heart of the district, and their fortunes are bound up in its rise or fall. Such firms seek to build up a solid foundation of honest and reliability in their business transactions and it is men as these which form the real backbone of a trader community and bring prosperity to the city in which they are located.

### The Masters Piano Co

423-425 Jasper Ave. W.  
"Everything in Music"

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### SERVICE SATISFIES

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### EDMONTON MADE FLOUR HIGH QUALITY

White Rose Flour The Product of  
Campbell & Ottewill  
Mills

The snow-see wheat! Life in the wild northland has its pests who rise the prices of the food-bread, the picturesque cowboy has achieved fame in both poetry and prose, but so far the poet has not yet dared to immortalize the charm of the waving grain fields of western Canada, and the virtues of the good red wheat. It will come some day, but until then the business will sing its praises as she makes her wholesome bread and softens her tender wheat. She sings when she is using Campbell & Ottewill's White Rose Flour because she knows that everything is going to turn out good. Campbell & Ottewill's White Rose Flour is made from No. 1 Northern wheat, it is a home-bred right through, made from Alberta wheat, and grown in the western prairie on Rose Flats, Edmonton, and what is more, in constant contact with other grades of flour manufactured by this firm, it enjoys a good reputation, both locally and otherwise.  
But although White Rose Flour may be called their specialty, this firm has met with equal success with other brands. These include Pencemaker and the Little Biscuits, and other brands. The brands have extensive sales in the city, and in the household world. They are shipped up north on the Great Northern, and right through the country surrounding the northlands are to be met with in the stores.  
The firm of Campbell & Ottewill are the successors of the Bowling Milling Company, who acquired the business from the Flax, Edmonton, in 1890. The present owners acquired the business from them in 1906. From a small beginning it has grown to a large plant, a capacity of about 200 barrels per day. Since taking over, Messrs. Campbell & Ottewill have added a couple of elevators, warehouses, and increased the capacity of the plant. It can be truthfully said that the machinery is of the most complete and up-to-date kind for turning out flour.  
It is not everyone who is acquainted with the various processes gone through in the course of changing the grain into the bag of flour with which all are familiar, so that a walk through the mill is considered all right. It can be truthfully said that the machinery is of the most complete and up-to-date kind for turning out flour.  
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